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THOUGHTS FOR THE TIMES ON WAR AND DEATH

(1915)

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## THE DISILLUSIONMENT OF THE WAR

In the confusion of wartime in which we are caught up, relying as we must on one-sided information, standing too close to the great changes that have already taken place or are beginning to, and without a glimmering of the future that is being shaped, we ourselves are at a loss as to the significance of the impressions which press in upon us and as to the value of the judgements which we form. We cannot but feel that no event has ever destroyed so much that is precious in the common possessions of humanity, confused so many of the clearest intelligences, or so thoroughly debased what is highest. Science herself has lost her passionless impartiality; her deeply embittered servants seek for weapons from her with which to contribute towards the struggle with the enemy. Anthropologists feel driven to declare him inferior and degenerate, psychiatrists issue a diagnosis of his disease of mind or spirit. Probably, however, our sense of these immediate evils is disproportionately strong, and we are not entitled to compare them with the evils of other times which we have not experienced.

The individual who is not himself a combatant - and so a cog in the gigantic machine of war - feels bewildered in his orientation, and inhibited in his powers and activities. I believe that he will welcome any indication, however slight, which will make it easier for him to find his bearings within himself at least. I propose to pick out two among the factors which are responsible for the mental distress felt by non-combatants, against which it is such a heavy task to struggle, and to treat of them here: the disillusionment which this war has evoked, and the altered attitude towards death which this - like every other war - forces upon us.

When I speak of disillusionment, everyone will know at once what I mean. One need not be a sentimentalist; one may perceive the biological and psychological necessity for suffering in the

economy of human life, and yet condemn war both in its means and ends and long for the cessation of all wars. We have told ourselves, no doubt, that wars can never cease so long as nations live under such widely differing conditions, so long as the value of individual life is so variously assessed among them, and so long as the animosities which divide them represent such powerful motive forces in the mind. We were prepared to find that wars between the primitive and the civilized peoples, between the races who are divided by the colour of their skin - wars, even, against and among the nationalities of Europe whose civilization is little developed or has been lost - would occupy mankind for some time to come. But we permitted ourselves to have other hopes. We had expected the great world-dominating nations of white race upon whom the leadership of the human species has fallen, who were known to have world-wide interests as their concern, to whose creative powers were due not only our technical advances towards the control of nature but the artistic and scientific standards of civilization - we had expected these peoples to succeed in discovering another way of settling misunderstandings and conflicts of interest. Within each of these nations high norms of moral conduct were laid down for the individual, to which his manner of life was bound to conform if he desired to take part in a civilized community. These ordinances, often too stringent, demanded a great deal of him - much self-restraint, much renunciation of instinctual satisfaction. He was above all forbidden to make use of the immense advantages to be gained by the practice of lying and deception in the competition with his fellow-men. The civilized states regarded these moral standards as the basis of their existence. They took serious steps if anyone ventured to tamper with them, and often declared it improper even to subject them to examination by a critical intelligence. It was to be assumed, therefore, that the state itself would respect them, and would not think of undertaking anything against them which would contradict the basis of its own existence. Observation showed, to be sure, that embedded in these civilized states there were remnants of certain other peoples, which were universally unpopular and had therefore been only reluctantly, and even so not fully, admitted to participation in the common work of civilization, for which they had shown themselves suitable enough. But the great nations themselves, it might have been supposed, would have acquired so much comprehension of

what they had in common, and so much tolerance for their differences, that 'foreigner' and 'enemy' could no longer be merged, as they still were in classical antiquity, into a single concept.

Relying on this unity among the civilized peoples, countless men and women have exchanged their native home for a foreign one, and made their existence dependent on the intercommunications between friendly nations. Moreover anyone who was not by stress of circumstance confined to one spot could create for himself out of all the advantages and attractions of these civilized countries a new and wider fatherland, in which he could move about without hindrance or suspicion. In this way he enjoyed the blue sea and the grey; the beauty of snow covered mountains and of green meadow lands; the magic of northern forests and the splendour of southern vegetation; the mood evoked by landscapes that recall great historical events, and the silence of untouched nature. This new fatherland was a museum for him, too, filled with all the treasures which the artists of civilized humanity had in the successive centuries created and left behind. As he wandered from one gallery to another in this museum, he could recognize with impartial appreciation what varied types of perfection a mixture of blood, the course of history, and the special quality of their mother earth had produced among his compatriots in this wider sense. Here he would find cool, inflexible energy developed to the highest point; there, the graceful art of beautifying existence; elsewhere, the feeling for orderliness and law, or others among the qualities which have made mankind the lords of the earth.

Nor must we forget that each of these citizens of the civilized world had created for himself a 'Parnassus' and a 'School of Athens' of his own. From among the great thinkers, writers and artists of all nations he had chosen those to whom he considered he owed the best of what he had been able to achieve in enjoyment and understanding of life, and he had venerated them along with the immortal ancients as well as with the familiar masters of his own tongue. None of these great men had seemed to him foreign because they spoke another language - neither the incomparable explorer of human passions, nor the intoxicated worshipper of beauty, nor the powerful and menacing prophet, nor the subtle satirist; and he never reproached himself on that account for being a renegade

towards his own nation and his beloved mother-tongue.

The enjoyment of this common civilization was disturbed from time to time by warning voices, which declared that old traditional differences made wars inevitable, even among the members of a community such as this. We refused to believe it; but if such a war were to happen, how did we picture it? We saw it as an opportunity for demonstrating the progress of comity among men since the era when the Greek Amphictyonic Council proclaimed that no city of the league might be destroyed, nor its olive-groves cut down, nor its water-supply stopped; we pictured it as a chivalrous passage of arms, which would limit itself to establishing the superiority of one side in the struggle, while as far as possible avoiding acute suffering that could contribute nothing to the decision, and granting complete immunity for the wounded who had to withdraw from the contest, as well as for the doctors and nurses who devoted themselves to their recovery. There would, of course, be the utmost consideration for the non-combatant classes of the population - for women who take no part in war-work, and for the children who, when they are grown up, should become on both sides one another's friends and helpers. And again, all the international undertakings and institutions in which the common civilization of peace-time had been embodied would be maintained.

Even a war like this would have produced enough horror and suffering; but it would not have interrupted the development of ethical relations between the collective individuals of mankind the peoples and states.

Then the war in which we had refused to believe broke out, and it brought - disillusionment. Not only is it more bloody and more destructive than any war of other days, because of the enormously increased perfection of weapons of attack and defence; it is at least as cruel, as embittered, as implacable as any that has preceded it. It disregards all the restrictions known as International Law, which in peace-time the states had bound themselves to observe; it ignores the prerogatives of the wounded and the medical service, the distinction between civil and military sections of the population, the claims of private property. It tramples in blind fury on all that comes in its way, as though there were to be no future and no peace

among men after it is over. It cuts all the common bonds between the contending peoples, and threatens to leave a legacy of embitterment that will make any renewal of those bonds impossible for a long time to come.

Moreover, it has brought to light an almost incredible phenomenon: the civilized nations know and understand one another so little that one can turn against the other with hate and loathing. Indeed, one of the great civilized nations is so universally unpopular that the attempt can actually be made to exclude it from the civilized community as 'barbaric', although it has long proved its fitness by the magnificent contributions to that community which it has made. We live in hopes that the pages of an impartial history will prove that that nation, in whose language we write and for whose victory our dear ones are fighting, has been precisely the one which has least transgressed the laws of civilization. But at such a time who dares to set himself up as judge in his own cause?

Peoples are more or less represented by the states which they form, and these states by the governments which rule them. The individual citizen can with horror convince himself in this war of what would occasionally cross his mind in peace-time - that the state has forbidden to the individual the practice of wrong doing, not because it desires to abolish it, but because it desires to monopolize it, like salt and tobacco. A belligerent state permits itself every such misdeed, every such act of violence, as would disgrace the individual. It makes use against the enemy not only of the accepted *ruses de guerre*, but of deliberate lying and deception as well - and to a degree which seems to exceed the usage of former wars. The state exacts the utmost degree of obedience and sacrifice from its citizens, but at the same time it treats them like children by an excess of secrecy and a censorship upon news and expressions of opinion which leaves the spirits of those whose intellects it thus suppresses defenceless against every unfavourable turn of events and every sinister rumour. It absolves itself from the guarantees and treaties by which it was bound to other states, and confesses shamelessly to its own rapacity and lust for power, which the private individual has then to sanction in the name of patriotism.

It should not be objected that the state cannot refrain from

wrong-doing, since that would place it at a disadvantage. It is no less disadvantageous, as a general rule, for the individual man to conform to the standards of morality and refrain from brutal and arbitrary conduct; and the state seldom proves able to indemnify him for the sacrifices it exacts. Nor should it be a matter for surprise that this relaxation of all the moral ties between the collective individuals of mankind should have had repercussions on the morality of individuals; for our conscience is not the inflexible judge that ethical teachers declare it, but in its origin is 'social anxiety' and nothing else. When the community no longer raises objections, there is an end, too, to the suppression of evil passions, and men perpetrate deeds of cruelty, fraud, treachery and barbarity so incompatible with their level of civilization that one would have thought them impossible.

Well may the citizen of the civilized world of whom I have spoken stand helpless in a world that has grown strange to him - his great fatherland disintegrated, its common estates laid waste, his fellow-citizens divided and debased!

There is something to be said, however, in criticism of his disappointment. Strictly speaking it is not justified, for it consists in the destruction of an illusion. We welcome illusions because they spare us unpleasurable feelings, and enable us to enjoy satisfactions instead. We must not complain, then, if now and again they come into collision with some portion of reality, and are shattered against it.

Two things in this war have aroused our sense of disillusionment: the low morality shown externally by states which in their internal relations pose as the guardians of moral standards, and the brutality shown by individuals whom, as participants in the highest human civilization, one would not have thought capable of such behaviour.

Let us begin with the second point and try to formulate, in a few brief words, the point of view that we wish to criticize. How, in point of fact, do we imagine the process by which an individual rises to a comparatively high plane of morality? The first answer will no doubt simply be that he is virtuous and noble from birth - from the very start. We shall not consider this view any further here. A second answer will suggest that we are concerned with a

developmental process, and will probably assume that the development consists in eradicating his evil human tendencies and, under the influence of education and a civilized environment, replacing them by good ones. If so, it is nevertheless surprising that evil should re-emerge with such force in anyone who has been brought up in this way.

But this answer also contains the thesis which we propose to contradict. In reality, there is no such thing as 'eradicating' evil. Psychological - or, more strictly speaking, psycho-analytic - investigation shows instead that the deepest essence of human nature consists of instinctual impulses which are of an elementary nature, which are similar in all men and which aim at the satisfaction of certain primal needs. These impulses in themselves are neither good nor bad. We classify them and their expressions in that way, according to their relation to the needs and demands of the human community. It must be granted that all the impulses which society condemns as evil - let us take as representative the selfish and the cruel ones - are of this primitive kind.

These primitive impulses undergo a lengthy process of development before they are allowed to become active in the adult. They are inhibited, directed towards other aims and fields, become commingled, alter their objects, and are to some extent turned back upon their possessor. Reaction-formations against certain instincts take the deceptive form of a change in their content, as though egoism had changed into altruism, or cruelty into pity. These reaction-formations are facilitated by the circumstance that some instinctual impulses make their appearance almost from the first in pairs of opposites - a very remarkable phenomenon, and one strange to the lay public, which is termed 'ambivalence of feeling'. The most easily observed and comprehensible instance of this is the fact that intense love and intense hatred are so often to be found together in the same person. Psycho-analysis adds that the two opposed feelings not infrequently have the same person for their object.

It is not until all these 'instinctual vicissitudes' have been surmounted that what we call a person's character is formed, and this, as we know, can only very inadequately be classified as 'good'

or 'bad'. A human being is seldom altogether good or bad; he is usually 'good' in one relation and 'bad' in another, or 'good' in certain external circumstances and in others decidedly 'bad'. It is interesting to find that the pre-existence of strong 'bad' impulses in infancy is often the actual condition for an unmistakable inclination towards 'good' in the adult. Those who as children have been the most pronounced egoists may well become the most helpful and self-sacrificing members of the community; most of our sentimentalists, friends of humanity and protectors of animals have been evolved from little sadists and animal-tormentors.

The transformation of 'bad' instincts is brought about by two factors working in the same direction, an internal and an external one. The internal factor consists in the influence exercised on the bad (let us say, the egoistic) instincts by erotism - that is, by the human need for love, taken in its widest sense. By the admixture of *erotic* components the egoistic instincts are transformed into *social* ones. We learn to value being loved as an advantage for which we are willing to sacrifice other advantages. The external factor is the force exercised by upbringing, which represents the claims of our cultural environment, and this is continued later by the direct pressure of that environment. Civilization has been attained through the renunciation of instinctual satisfaction, and it demands the same renunciation from each newcomer in turn. Throughout an individual's life there is a constant replacement of external by internal compulsion. The influences of civilization cause an ever-increasing transformation of egoistic trends into altruistic and social ones by an admixture of erotic elements. In the last resort it may be assumed that every internal compulsion which makes itself felt in the development of human beings was originally - that is, in the *history of mankind* - only an external one. Those who are born to-day bring with them as an inherited organization some degree of tendency (disposition) towards the transformation of egoistic into social instincts, and this disposition is easily stimulated into bringing about that result. A further portion of this instinctual transformation has to be accomplished during the life of the individual himself. So the human being is subject not only to the pressure of his immediate cultural environment, but also to the influence of the cultural history of his ancestors.

If we give the name of 'susceptibility to culture' to a man's personal capacity for the transformation of the egoistic impulses under the influence of erotism, we may further affirm that this susceptibility is made up of two parts, one innate and the other acquired in the course of life, and that the relation of the two to each other and to that portion of the instinctual life which remains untransformed is a very variable one.

Generally speaking, we are apt to attach too much importance to the innate part, and in addition to this we run the risk of over-estimating the total susceptibility to culture in comparison with the portion of instinctual life which has remained primitive - that is, we are misled into regarding men as 'better' than they actually are. For there is yet another element which obscures our judgement and falsifies the issue in a favourable sense.

The instinctual impulses of other people are of course hidden from our observation. We infer them from their actions and behaviour, which we trace back to *motives* arising from their instinctual life. Such an inference is bound to be erroneous in many cases. This or that action which is 'good' from the cultural point of view may in one instance originate from a 'noble' motive, in another not. Ethical theorists class as 'good' actions only those which are the outcome of good impulses; to the others they refuse recognition. But society, which is practical in its aims, is not on the whole troubled by this distinction; it is content if a man regulates his behaviour and actions by the precepts of civilization, and is little concerned with his motives.

We have learned that the *external compulsion* exercised on a human being by his upbringing and environment produces a further transformation towards good in his instinctual life - a further turning from egoism towards altruism. But this is not the regular or necessary effect of the external compulsion. Upbringing and environment not only offer benefits in the way of love, but also employ other kinds of incentive, namely, rewards and punishments. In this way their effect may turn out to be that a person who is subjected to their influence will choose to behave well in the cultural sense of the phrase, although no ennoblement of instinct, no transformation of egoistic into altruistic inclinations, has taken

place in him. The result will, roughly speaking, be the same; only a particular concatenation of circumstances will reveal that one man always acts in a good way because his instinctual inclinations compel him to, and the other is good only in so far and for so long as such cultural behaviour is advantageous for his own selfish purposes. But superficial acquaintance with an individual will not enable us to distinguish between the two cases, and we are certainly misled by our optimism into grossly exaggerating the number of human beings who have been transformed in a cultural sense.

Civilized society, which demands good conduct and does not trouble itself about the instinctual basis of this conduct, has thus won over to obedience a great many people who are not in this following their own natures. Encouraged by this success, society has allowed itself to be misled into tightening the moral standard to the greatest possible degree, and it has thus forced its members into a yet greater estrangement from their instinctual disposition. They are consequently subject to an unceasing suppression of instinct, and the resulting tension betrays itself in the most remarkable phenomena of reaction and compensation. In the domain of sexuality, where such suppression is most difficult to carry out, the result is seen in the reactive phenomena of neurotic disorders. Elsewhere the pressure of civilization brings in its train no pathological results, it is true, but is shown in malformations of character, and in the perpetual readiness of the inhibited instincts to break through to satisfaction at any suitable opportunity. Anyone thus compelled to act continually in accordance with precepts which are not the expression of his instinctual inclinations, is living, psychologically speaking, beyond his means, and may objectively be described as a hypocrite, whether he is clearly aware of the incongruity or not. It is undeniable that our contemporary civilization favours the production of this form of hypocrisy to an extraordinary extent. One might venture to say that it is built up on such hypocrisy, and that it would have to submit to far-reaching modifications if people were to undertake to live in accordance with psychological truth. Thus there are very many more cultural hypocrites than truly civilized men - indeed, it is a debatable point whether a certain degree of cultural hypocrisy is not indispensable for the maintenance of civilization, because the susceptibility to culture which has hitherto been organized in the minds of present-

day men would perhaps not prove sufficient for the task. On the other hand, the maintenance of civilization even on so dubious a basis offers the prospect of paving the way in each new generation for a more far-reaching transformation of instinct which shall be the vehicle of a better civilization.

We may already derive one consolation from this discussion: our mortification and our painful disillusionment on account of the uncivilized behaviour of our fellow-citizens of the world during this war were unjustified. They were based on an illusion to which we had given way. In reality our fellow-citizens have not sunk so low as we feared, because they had never risen so high as we believed. The fact that the collective individuals of mankind, the peoples and states, mutually abrogated their moral restraints naturally prompted these individual citizens to withdraw for a while from the constant pressure of civilization and to grant a temporary satisfaction to the instincts which they had been holding in check. This probably involved no breach in their relative morality within their own nations.

We may, however, obtain a deeper insight than this into the change brought about by the war in our former compatriots, and at the same time receive a warning against doing them an injustice. For the development of the mind shows a peculiarity which is present in no other developmental process. When a village grows into a town or a child into a man, the village and the child become lost in the town and the man. Memory alone can trace the old features in the new picture; and in fact the old materials or forms have been got rid of and replaced by new ones. It is otherwise with the development of the mind. Here one can describe the state of affairs, which has nothing to compare with it, only by saying that in this case every earlier stage of development persists alongside the later stage which has arisen from it; here succession also involves co-existence, although it is to the same materials that the whole series of transformations has applied. The earlier mental state may not have manifested itself for years, but none the less it is so far present that it may at any time again become the mode of expression of the forces in the mind, and indeed the only one, as though all later developments had been annulled or undone. This extraordinary plasticity of mental developments is not unrestricted

as regards direction; it may be described as a special capacity for involution - for regression - since it may well happen that a later and higher stage of development, once abandoned, cannot be reached again. But the primitive stages can always be re-established; the primitive mind is, in the fullest meaning of the word, imperishable.

What are called mental diseases inevitably produce an impression in the layman that intellectual and mental life have been destroyed. In reality, the destruction only applies to later acquisitions and developments. The essence of mental disease lies in a return to earlier states of affective life and of functioning. An excellent example of the plasticity of mental life is afforded by the state of sleep, which is our goal every night. Since we have learnt to interpret even absurd and confused dreams, we know that whenever we go to sleep we throw off our hard-won morality like a garment, and put it on again next morning. This stripping of ourselves is not, of course, dangerous, because we are paralysed, condemned to inactivity, by the state of sleep. It is only dreams that can tell us about the regression of our emotional life to one of the earliest stages of development. For instance, it is noteworthy that all our dreams are governed by purely egoistic motives. One of my English friends put forward this thesis at a scientific meeting in America, whereupon a lady who was present remarked that that might be the case in Austria, but she could assert as regards herself and her friends that *they* were altruistic even in their dreams. My friend, although himself of English race, was obliged to contradict the lady emphatically on the ground of his personal experience in dream-analysis, and to declare that in their dreams high-minded American ladies were quite as egoistic as the Austrians.

Thus the transformation of instinct, on which our susceptibility to culture is based, may also be permanently or temporarily undone by the impacts of life. The influences of war are undoubtedly among the forces that can bring about such involution; so we need not deny susceptibility to culture to all who are at the present time behaving in an uncivilized way, and we may anticipate that the ennoblement of their instincts will be restored in more peaceful times.

There is, however, another symptom in our fellow-citizens of the world which has perhaps astonished and shocked us no less than the descent from their ethical heights which has given us so much pain. What I have in mind is the want of insight shown by the best intellects, their obduracy, their inaccessibility to the most forcible arguments and their uncritical credulity towards the most disputable assertions. This indeed presents a lamentable picture, and I wish to say emphatically that in this I am by no means a blind partisan who finds all the intellectual shortcomings on one side. But this phenomenon is much easier to account for and much less disquieting than the one we have just considered. Students of human nature and philosophers have long taught us that we are mistaken in regarding our intelligence as an independent force and in overlooking its dependence on emotional life. Our intellect, they teach us, can function reliably only when it is removed from the influences of strong emotional impulses; otherwise it behaves merely as an instrument of the will and delivers the inference which the will requires. Thus, in their view, logical arguments are impotent against affective interests, and that is why disputes backed by reasons, which in Falstaff's phrase are 'as plenty as blackberries', are so unfruitful in the world of interests. Psycho-analytic experience has, if possible, further confirmed this statement. It can show every day that the shrewdest people will all of a sudden behave without insight, like imbeciles, as soon as the necessary insight is confronted by an emotional resistance, but that they will completely regain their understanding once that resistance has been overcome. The logical bedazzlement which this war has conjured up in our fellow-citizens, many of them the best of their kind, is therefore a secondary phenomenon, a consequence of emotional excitement, and is bound, we may hope, to disappear with it.

Having in this way once more come to understand our fellow citizens who are now alienated from us, we shall much more easily endure the disappointment which the nations, the collective individuals of mankind, have caused us, for the demands we make upon these should be far more modest. Perhaps they are recapitulating the course of individual development, and to-day still represent very primitive phases in organization and in the formation of higher unities. It is in agreement with this that the educative factor of an external compulsion towards morality, which

we found was so effective in individuals, is as yet barely discernible in them. We had hoped, certainly, that the extensive community of interests established by commerce and production would constitute the germ of such a compulsion, but it would seem that nations still obey their passions far more readily than their interests. Their interests serve them, at most, as *rationalizations* for their passions; they put forward their interests in order to be able to give reasons for satisfying their passions. It is, to be sure, a mystery why the collective individuals should in fact despise, hate and detest one another - every nation against every other - and even in times of peace. I cannot tell why that is so. It is just as though when it becomes a question of a number of people, not to say millions, all individual moral acquisitions are obliterated, and only the most primitive, the oldest, the crudest mental attitudes are left. It may be that only later stages in development will be able to make some change in this regrettable state of affairs. But a little more truthfulness and honesty on all sides - in the relations of men to one another and between them and their rulers - should also smooth the way for this transformation.

## II

### OUR ATTITUDE TOWARDS DEATH

The second factor to which I attribute our present sense of estrangement in this once lovely and congenial world is the disturbance that has taken place in the attitude which we have hitherto adopted towards death.

That attitude was far from straightforward. To anyone who listened to us we were of course prepared to maintain that death was the necessary outcome of life, that everyone owes nature a death and must expect to pay the debt - in short, that death was natural, undeniable and unavoidable. In reality, however, we were accustomed to behave as if it were otherwise. We showed an unmistakable tendency to put death on one side, to eliminate it from life. We tried to hush it up; indeed we even have a saying [in German]: 'to think of something as though it were death'. That is, as though it were our own death, of course. It is indeed impossible to imagine our own death; and whenever we attempt to do so we can perceive that we are in fact still present as spectators. Hence the psycho-analytic school could venture on the assertion that at bottom no one believes in his own death, or, to put the same thing in another way, that in the unconscious every one of us is convinced of his own immortality.

When it comes to someone else's death, the civilized man will carefully avoid speaking of such a possibility in the hearing of the person under sentence. Children alone disregard this restriction; they unashamedly threaten one another with the possibility of dying, and even go so far as to do the same thing to someone whom they love, as, for instance: 'Dear Mummy, when you're dead I'll do this or that.' The civilized adult can hardly even entertain the thought of another person's death without seeming to himself hard-hearted or wicked; unless, of course, as a doctor or lawyer or something of the kind, he has to deal with death professionally.

Least of all will he allow himself to think of the other person's death if some gain to himself in freedom, property or position is bound up with it. This sensitiveness of ours does not, of course, prevent the occurrence of deaths; when one does happen, we are always deeply affected, and it is as though we were badly shaken in our expectations. Our habit is to lay stress on the fortuitous causation of the death - accident, disease, infection, advanced age; in this way we betray an effort to reduce death from a necessity to a chance event. A number of simultaneous deaths strikes us as something extremely terrible. Towards the actual person who has died we adopt a special attitude - something almost like admiration for someone who has accomplished a very difficult task. We suspend criticism of him, overlook his possible misdeeds, declare that '*de mortuis nil nisi bonum*', and think it justifiable to set out all that is most favourable to his memory in the funeral oration and upon the tombstone. Consideration for the dead, who, after all, no longer need it, is more important to us than the truth, and certainly, for most of us, than consideration for the living.

The complement to this cultural and conventional attitude towards death is provided by our complete collapse when death has struck down someone whom we love - a parent or a partner in marriage, a brother or sister, a child or a close friend. Our hopes, our desires and our pleasures lie in the grave with him, we will not be consoled, we will not fill the lost one's place. We behave as if we were a kind of Asra, who die when those they love die.

But this attitude of ours towards death has a powerful effect on our lives. Life is impoverished, it loses in interest, where the highest stake in the game of living, life itself, may not be risked. It becomes as shallow and empty as, let us say, an American flirtation, in which it is understood from the first that nothing is to happen, as contrasted with a Continental love-affair in which both partners must constantly bear its serious consequences in mind. Our emotional ties, the unbearable intensity of our grief, make us disinclined to court danger for ourselves and for those who belong to us. We dare not contemplate a great many undertakings which are dangerous but in fact indispensable, such as attempts at artificial flight, expeditions to distant countries or experiments with explosive substances. We are paralysed by the thought of who is to

take the son's place with his mother, the husband's with his wife, the father's with his children, if a disaster should occur. Thus the tendency to exclude death from our calculations in life brings in its train many other renunciations and exclusions. Yet the motto of the Hanseatic League ran: '*Navigare necesse est, vivere non necesse.*' ('It is necessary to sail the seas, it is not necessary to live.')

It is an inevitable result of all this that we should seek in the world of fiction, in literature and in the theatre compensation for what has been lost in life. There we still find people who know how to die - who, indeed, even manage to kill someone else. There alone too the condition can be fulfilled which makes it possible for us to reconcile ourselves with death: namely, that behind all the vicissitudes of life we should still be able to preserve a life intact. For it is really too sad that in life it should be as it is in chess, where one false move may force us to resign the game, but with the difference that we can start no second game, no return-match. In the realm of fiction we find the plurality of lives which we need. We die with the hero with whom we have identified ourselves; yet we survive him, and are ready to die again just as safely with another hero.

It is evident that war is bound to sweep away this conventional treatment of death. Death will no longer be denied; we are forced to believe in it. People really die; and no longer one by one, but many, often tens of thousands, in a single day. And death is no longer a chance event. To be sure, it still seems a matter of chance whether a bullet hits this man or that; but a second bullet may well hit the survivor; and the accumulation of deaths puts an end to the impression of chance. Life has, indeed, become interesting again; it has recovered its full content.

Here a distinction should be made between two groups - those who themselves risk their lives in battle, and those who have stayed at home and have only to wait for the loss of one of their dear ones by wounds, disease or infection. It would be most interesting, no doubt, to study the changes in the psychology of the combatants, but I know too little about it. We must restrict ourselves to the second group, to which we ourselves belong. I have said already that in my opinion the bewilderment and the paralysis of capacity,

from which we suffer, are essentially determined among other things by the circumstance that we are unable to maintain our former attitude towards death, and have not yet found a new one. It may assist us to do this if we direct our psychological enquiry towards two other relations to death - the one which we may ascribe to *primaeval*, prehistoric men, and the one which still exists in every one of us, but which conceals itself, invisible to consciousness, in the deeper strata of our mental life.

What the attitude of prehistoric man was towards death is, of course, only known to us by inferences and constructions, but I believe that these methods have furnished us with fairly trustworthy conclusions.

*Primaeval* man took up a very remarkable attitude towards death. It was far from consistent; it was indeed most contradictory. On the one hand, he took death seriously, recognized it as the termination of life and made use of it in that sense; on the other hand, he also denied death and reduced it to nothing. This contradiction arose from the fact that he took up radically different attitudes towards the death of other people, of strangers, of enemies, and towards his own. He had no objection to someone else's death; it meant the annihilation of someone he hated, and primitive man had no scruples against bringing it about. He was no doubt a very passionate creature and more cruel and more malignant than other animals. He liked to kill, and killed as a matter of course. The instinct which is said to restrain other animals from killing and devouring their own species need not be attributed to him.

Hence the *primaeval* history of mankind is filled with murder. Even to-day, the history of the world which our children learn at school is essentially a series of murders of peoples. The obscure sense of guilt to which mankind has been subject since prehistoric times, and which in some religions has been condensed into the doctrine of primal guilt, of original sin, is probably the outcome of a blood-guilt incurred by prehistoric man. In my book *Totem and Taboo* (1912-13) I have, following clues given by Robertson Smith, Atkinson and Charles Darwin, tried to guess the nature of this primal guilt, and I believe, too, that the Christian doctrine of to-day enables us to deduce it. If the Son of God was obliged to sacrifice

his life to redeem mankind from original sin, then by the law of talion, the requital of like by like, that sin must have been a killing, a murder. Nothing else could call for the sacrifice of a life for its expiation. And the original sin was an offence against God the Father, the primal crime of mankind must have been a parricide, the killing of the primal father of the primitive human horde, whose mnemic image was later transfigured into a deity.<sup>1</sup>

<sup>1</sup> Cf. *Totem and Taboo*, Essay IV.

His own death was certainly just as unimaginable and unreal for *primaeval* man as it is for any one of us to-day. But there was for him one case in which the two opposite attitudes towards death collided and came into conflict with each other; and this case became highly important and productive of far-reaching consequences. It occurred when *primaeval* man saw someone who belonged to him die - his wife, his child, his friend - whom he undoubtedly loved as we love ours, for love cannot be much younger than the lust to kill. Then, in his pain, he was forced to learn that one can die, too, oneself, and his whole being revolted against the admission; for each of these loved ones was, after all, a part of his own beloved ego. But, on the other hand, deaths such as these pleased him as well, since in each of the loved persons there was also something of the stranger. The law of ambivalence of feeling, which to this day governs our emotional relations with those whom we love most, certainly had a very much wider validity in *primaeval* times. Thus these beloved dead had also been enemies and strangers who had aroused in him some degree of hostile feeling.<sup>1</sup>

Philosophers have declared that the intellectual enigma presented to *primaeval* man by the picture of death forced him to reflection, and thus became the starting-point of all speculation. I believe that here the philosophers are thinking too philosophically, and giving too little consideration to the motives that were primarily operative. I should like therefore to limit and correct their assertion. In my view, *primaeval* man must have triumphed beside the body of his

slain enemy, without being led to rack his brains about the enigma of life and death. What released the spirit of enquiry in man was not the intellectual enigma, and not every death, but the conflict of feeling at the death of loved yet alien and hated persons. Of this conflict of feeling psychology was the first offspring. Man could no longer keep death at a distance, for he had tasted it in his pain about the dead; but he was nevertheless unwilling to acknowledge it, for he could not conceive of himself as dead. So he devised a compromise: he conceded the fact of his own death as well, but denied it the significance of annihilation - a significance which he had had no motive for denying where the death of his enemy was concerned. It was beside the dead body of someone he loved that he invented spirits, and his sense of guilt at the satisfaction mingled with his sorrow turned these new-born spirits into evil demons that had to be dreaded. The changes brought about by death suggested to him the division of the individual into a body and a soul - originally several souls. In this way his train of thought ran parallel with the process of disintegration which sets in with death. His persisting memory of the dead became the basis for assuming other forms of existence and gave him the conception of a life continuing after apparent death.

<sup>1</sup> Ibid., Essay II.

These subsequent existences were at first no more than appendages to the existence which death had brought to a close - shadowy, empty of content, and valued at little until later times; they still bore the character of wretched makeshifts. We may recall the answer made to Odysseus by the soul of Achilles:

‘For of old, when thou wast alive, we Argives honoured thee even as the gods, and now that thou art here, thou rulest mightily over the dead. Wherefore grieve not at all that thou art dead, Achilles.’

So I spoke, and he straightway made answer and said: ‘Nay, seek not to speak soothingly to me of death, glorious Odysseus. I should choose, so I

might live on earth, to serve as the hireling of another, of some portionless man whose livelihood was but small, rather than to be lord over all the dead that have perished.<sup>1</sup>

Or in Heine's powerful and bitter parody:

Der kleinste lebendige Philister  
Zu Stuckert am Neckar  
Viel glücklicher ist er  
Als ich, der Pelide, der tote Held,  
Der Schattenfürst in der Unterwelt.<sup>2</sup>

<sup>1</sup> *Odyssey*, XI, 484-91.

<sup>2</sup> [Literally: 'The smallest living Philistine at Stuckert-am-Neckar is far happier than I, the son of Peleus, the dead hero, the shadow-prince in the underworld.']

It was only later that religions succeeded in representing this after-life as the more desirable, the truly valid one, and in reducing the life which is ended by death to a mere preparation. After this, it was no more than consistent to extend life backwards into the past, to form the notion of earlier existences, of the transmigration of souls and of reincarnation, all with the purpose of depriving death of its meaning as the termination of life. So early did the denial of death, which we have described as a 'conventional and cultural attitude', have its origin.

What came into existence beside the dead body of the loved one was not only the doctrine of the soul, the belief in immortality and a powerful source of man's sense of guilt, but also the earliest

ethical commandments. The first and most important prohibition made by the awakening conscience was: 'Thou shalt not kill.' It was acquired in relation to dead people who were loved, as a reaction against the satisfaction of the hatred hidden behind the grief for them; and it was gradually extended to strangers who were not loved, and finally even to enemies.

This final extension of the commandment is no longer experienced by civilized man. When the furious struggle of the present war has been decided, each one of the victorious fighters will return home joyfully to his wife and children, unchecked and undisturbed by thoughts of the enemies he has killed whether at close quarters or at long range. It is worthy of note that the primitive races which still survive in the world, and are undoubtedly closer than we are to *primaeval* man, act differently in this respect, or did until they came under the influence of our civilization. Savages - Australians, Bushmen, Tierra del Fuegians - are far from being remorseless murderers; when they return victorious from the war-path they may not set foot in their villages or touch their wives till they have atoned for the murders they committed in war by penances which are often long and tedious. It is easy, of course, to attribute this to their superstition: the savage still goes in fear of the avenging spirits of the slain. But the spirits of his slain enemy are nothing but the expression of his bad conscience about his blood-guilt; behind this superstition there lies concealed a vein of ethical sensitiveness which has been lost by us civilized men.<sup>1</sup>

<sup>1</sup> Cf. *Totem and Taboo* (1912-13).

Pious souls, no doubt, who would like to believe that our nature is remote from any contact with what is evil and base, will not fail to use the early appearance and the urgency of the prohibition against murder as the basis for gratifying conclusions as to the strength of the ethical impulses which must have been implanted in us. Unfortunately this argument proves even more for the opposite view. So powerful a prohibition can only be directed against an

equally powerful impulse. What no human soul desires stands in no need of prohibition;<sup>1</sup> it is excluded automatically. The very emphasis laid on the commandment 'Thou shalt not kill' makes it certain that we spring from an endless series of generations of murderers, who had the lust for killing in their blood, as, perhaps, we ourselves have to-day. Mankind's ethical strivings, whose strength and significance we need not in the least depreciate, were acquired in the course of man's history; since then they have become, though unfortunately only in a very variable amount, the inherited property of contemporary men.

Let us now leave *primaeval* man, and turn to the unconscious in our own mental life. Here we depend entirely upon the psycho-analytic method of investigation, the only one which reaches to such depths. What, we ask, is the attitude of our unconscious towards the problem of death? The answer must be: almost exactly the same as that of *primaeval* man. In this respect, as in many others, the man of prehistoric times survives unchanged in our unconscious. Our unconscious, then, does not believe in its own death; it behaves as if it were immortal. What we call our 'unconscious' - the deepest strata of our minds, made up of instinctual impulses - knows nothing that is negative, and no negation; in it contradictories coincide. For that reason it does not know its own death, for to that we can give only a negative content. Thus there is nothing instinctual in us which responds to a belief in death. This may even be the secret of heroism. The rational grounds for heroism rest on a judgement that the subject's own life cannot be so precious as certain abstract and general goods. But more frequent, in my view, is the instinctive and impulsive heroism which knows no such reasons, and flouts danger in the spirit of Anzengruber's *Steinklopferhans*: 'Nothing can happen to *me*'. Or else those reasons only serve to clear away the hesitations which might hold back the heroic reaction that corresponds to the unconscious. The fear of death, which dominates us oftener than we know, is on the other hand something secondary, and is usually the outcome of a sense of guilt.

<sup>1</sup> Cf. Frazer's brilliant argument quoted in *Totem and Taboo*.

On the other hand, for strangers and for enemies we do acknowledge death, and consign them to it quite as readily and unhesitatingly as did *primaeval* man. There is, it is true, a distinction here which will be pronounced decisive so far as real life is concerned. Our unconscious does not carry out the killing; it merely thinks it and wishes it. But it would be wrong so completely to undervalue this psychical reality as compared with factual reality. It is significant and momentous enough. In our unconscious impulses we daily and hourly get rid of anyone who stands in our way, of anyone who has offended or injured us. The expression ‘Devil take him!’, which so often comes to people’s lips in joking anger and which really means ‘Death take him!’, is in our unconscious a serious and powerful death-wish. Indeed, our unconscious will murder even for trifles; like the ancient Athenian code of Draco, it knows no other punishment for crime than death. And this has a certain consistency, for every injury to our almighty and autocratic ego is at bottom a crime of *lèse-majesté*.

And so, if we are to be judged by our unconscious wishful impulses, we ourselves are, like *primaeval* man, a gang of murderers. It is fortunate that all these wishes do not possess the potency that was attributed to them in *primaeval* times;<sup>1</sup> in the cross-fire of mutual curses mankind would long since have perished, the best and wisest of men and the loveliest and fairest of women with the rest.

<sup>1</sup> See *Totem and Taboo*, Essay IV.

Psycho-analysis finds as a rule no credence among laymen for assertions such as these. They reject them as calumnies which are confuted by conscious experience, and they adroitly overlook the faint indications by which even the unconscious is apt to betray itself to consciousness. It is therefore relevant to point out that many thinkers who could not have been influenced by psycho-analysis have quite definitely accused our unspoken thoughts of

being ready, heedless of the prohibition against murder, to get rid of anything which stands in our way. From many examples of this I will choose one that has become famous:

In *Le Père Goriot*, Balzac alludes to a passage in the works of J. J. Rousseau where that author asks the reader what he would do if - without leaving Paris and of course without being discovered - he could kill, with great profit to himself, an old mandarin in Peking by a mere act of will. Rousseau implies that he would not give much for the life of that dignitary. '*Tuer son mandarin*' has become a proverbial phrase for this secret readiness, present even in modern man.

There are also a whole number of cynical jokes and anecdotes which reveal the same tendency - such, for instance, as the words attributed to a husband: 'If one of us two dies, I shall move to Paris.' Such cynical jokes would not be possible unless they contained an unacknowledged truth which could not be admitted if it were expressed seriously and without disguise. In jest - it is well known - one may even tell the truth.

Just as for *primaeval* man, so also for our unconscious, there is one case in which the two opposing attitudes towards death, the one which acknowledges it as the annihilation of life and the other which denies it as unreal, collide and come into conflict. This case is the same as in primal ages: the death, or the risk of death, of someone we love, a parent or a partner in marriage, a brother or sister, a child or a dear friend. These loved ones are on the one hand an inner possession, components of our own ego; but on the other hand they are partly strangers, even enemies. With the exception of only a very few situations, there adheres to the tenderest and most intimate of our love-relations a small portion of hostility which can excite an unconscious death-wish. But this conflict due to ambivalence does not now, as it did then, lead to the doctrine of the soul and to ethics, but to neurosis, which affords us deep insight into normal mental life as well. How often have physicians who practise psycho-analysis had to deal with the symptom of an exaggerated worry over the well-being of relatives, or with entirely unfounded self-reproaches after the death of a loved person. The study of such phenomena has left them in no

doubt about the extent and importance of unconscious death-wishes.

The layman feels an extraordinary horror at the possibility of such feelings, and takes this aversion as a legitimate ground for disbelief in the assertions of psycho-analysis. Mistakenly, I think. No depreciation of feelings of love is intended, and there is in fact none. It is indeed foreign to our intelligence as well as to our feelings thus to couple love and hate; but Nature, by making use of this pair of opposites, contrives to keep love ever vigilant and fresh, so as to guard it against the hate which lurks behind it. It might be said that we owe the fairest flowerings of our love to the reaction against the hostile impulse which we sense within us.

To sum up: our unconscious is just as inaccessible to the idea of our own death, just as murderously inclined towards strangers, just as divided (that is, ambivalent) towards those we love, as was *primaeval* man. But how far we have moved from this primal state in our conventional and cultural attitude towards death!

It is easy to see how war impinges on this dichotomy. It strips us of the later accretions of civilization, and lays bare the primal man in each of us. It compels us once more to be heroes who cannot believe in their own death; it stamps strangers as enemies, whose death is to be brought about or desired; it tells us to disregard the death of those we love. But war cannot be abolished; so long as the conditions of existence among nations are so different and their mutual repulsion so violent, there are bound to be wars. The question then arises: Is it not we who should give in, who should adapt ourselves to war? Should we not confess that in our civilized attitude towards death we are once again living psychologically beyond our means, and should we not rather turn back and recognize the truth? Would it not be better to give death the place in reality and in our thoughts which is its due, and to give a little more prominence to the unconscious attitude towards death which we have hitherto so carefully suppressed? This hardly seems an advance to higher achievement, but rather in some respects a backward step - a regression; but it has the advantage of taking the truth more into account, and of making life more tolerable for us once again. To tolerate life remains, after all, the first duty of all

living beings. Illusion becomes valueless if it makes this harder for us.

We recall the old saying: *Si vis pacem, para bellum*. If you want to preserve peace, arm for war.

It would be in keeping with the times to alter it: *Si vis vitam, para mortem*. If you want to endure life, prepare yourself for death.

## APPENDIX

### LETTER TO FREDERIK VAN EEDEN

Vienna, December 28, 1914.

Dear Dr. van Eeden,

I venture, under the impact of the war, to remind you of two theses which have been put forward by psycho-analysis and which have undoubtedly contributed to its unpopularity.

Psycho-analysis has inferred from the dreams and parapraxes of healthy people, as well as from the symptoms of neurotics, that the primitive, savage and evil impulses of mankind have not vanished in any of its individual members but persist, although in a repressed state, in the unconscious (to use our technical terms), and lie wait for opportunities of becoming active once more. It has further taught us that our intellect is a feeble and dependent thing, a plaything and tool of our instincts and affects, and that we are all compelled to behave cleverly or stupidly according to the commands of our attitudes and internal resistances.

If you will now observe what is happening in the war - the cruelties and injustices for which the most civilized nations are responsible, the different way in which they judge their own lies and wrong-doings and those of their enemies, and the general lack of insight which prevails - you will have to admit that psycho-analysis has been right in both its theses.

It may not have been entirely original in this; many thinkers and students of mankind have made similar assertions. But our science has worked out both of them in detail and has employed them to throw light on many psychological puzzles. I hope we shall meet again in happier times.

Yours very sincerely,

Sigm. Freud

<sup>1</sup> [Written by Freud at the end of 1914]